

# NEWINGTON PARKS AND RECREATION

*"Creating Community through People, Parks & Programs"*



# Fall 2014

**Youth, Adult & Senior Programs \* Preschool \* Special Events \* Fitness Classes**



**Visits with Santa**



**Gingerbread House Workshop**



**Girls in Stride Running Program**



**Halloween Party**

## **RESIDENTS: Registration Begins September 3rd**

## **NON-RESIDENTS: Registration Begins September 17th**



# Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

## PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

Street Address \_\_\_\_\_ Apt./Box # \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

[ ] Check if new address Home Phone (\_\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_\_) \_\_\_\_\_

Cell Phone (\_\_\_\_\_) \_\_\_\_\_ Email Address \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Relationship \_\_\_\_\_ Phone (\_\_\_\_\_) \_\_\_\_\_

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: \_\_\_\_\_

\_\_\_\_\_ Supplemental medical forms are available online or in our office.

## PROGRAM INFORMATION

*One registration form can be used for more than one person in the same household.*

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

## PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**Please note that there is a \$10 minimum for all credit card transactions.**

**TOTAL FEES: \$** \_\_\_\_\_

**“ROUND UP” For Youth Recreation** *Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.*



**+** \_\_\_\_\_

Circle Method of Payment: Cash Check Credit Card Debit **TOTAL AMOUNT: \$** \_\_\_\_\_

**CREDIT CARD #:** \_\_\_\_\_ **Security Code** \_\_\_\_\_ **EXP. DATE** \_\_\_\_\_ / \_\_\_\_\_  
(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER



# Facility Reservations

# Contents

## Mortensen Community Center Gym Rentals



The Parks and Recreation Department offers rentals of the Mortensen Community Center gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour for residents and \$40 per hour for non-residents. Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible. If you are interested in renting the Mortensen Community Center gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.

## Teen Center Facility Rentals *Ages 7 - 18*



Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. The fee is \$30 per hour for residents and \$40 per hour for non-residents. An additional \$25 security deposit is required at the time your reservation is made. Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible. Limit: 30 guests.

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## FREQUENTLY REQUESTED CONTACT INFORMATION

Basketball - Travel	(860) 997-3391
Basketball - Youth (Parks & Rec)	(860) 665-8666
Blackhawks Wrestling	(860) 666-9455
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 987-8540
Football - Youth	(860) 841-9673
Human Services Department	(860) 665-8590
Indian Hill Country Club	(860) 665-5447
Lacrosse - Youth	(860) 930-1990
Lucy Robbins Welles Library	(860) 665-8700
Newington Arena	(860) 665-7825
Newington High School	(860) 666-5611
Newington Historical Society	(860) 666-7118
Newington Little League	(860) 667-2647
Newington Swim Club	<a href="http://www.NewingtonSwimming.com">www.NewingtonSwimming.com</a>
Parks & Grounds Dept	(860) 667-5830
Parks & Recreation Dept	(860) 665-8666
Parks & Recreation Hotline	(860) 665-8686
Senior & Disabled Center	(860) 665-8778
Soccer Club of Newington	(860) 665-7203
Special Olympics Newington	(860) 665-8773

## 2014-2015 Youth Basketball T-Shirt Design Contest

### Newington Youth: We need your help!



The Newington Parks & Recreation Youth Basketball Program is having another T-Shirt Design Contest! We are all out of ideas and we want YOUR help designing this year's basketball t-shirts. Get your creative design caps on and submit your design to the Newington Parks and Recreation Office by Monday, December 1st. The winner will receive free registration in our youth basketball program for the 2014-2015 season AND bragging rights that YOU designed our shirts! This contest is open to children who are Newington residents or attend Newington schools and are in Grades 1-8. One entry may be submitted per person. Digital or hard copies will be accepted, and all submissions become the property of the Newington Parks and Recreation Department. The registration form on page 2 must be submitted with each entry. Please note that T-shirt designs will be printed in one color. For more information, please call 860-665-8666.

# Community Events ...



## Annual Halloween Party

**Saturday, October 25th, 1:00 - 3:00 p.m.**  
**Mortensen Community Center**

**Pre-registration is REQUIRED for this event by Thursday, October 23rd.**

The Newington Parks and Recreation Department presents this annual party with many activities, games and crafts to keep your little ghosts and goblins busy. Of course, it wouldn't be a Halloween Party without candy, refreshments and music so we can dance the Monster Mash! This party is open to children in Preschool through Grade 4. Children should wear their costumes. **Pre-registration is required by Thursday, October 23rd.** Registration received after Thursday, October 23rd will incur a late fee of \$5.00 per participant. Any participants registered late will be unable to receive a Treat Bag. Due to facility capacity and preparation, there will be a maximum number of participants allowed to attend. To ensure your child's participation please register early.

Registration fee is \$5 per child for residents, \$8 per child for non-residents. ID: 9966



## Visits with Santa (Free with a canned food item)

**Friday, December 5th, 5:00 - 7:30 p.m. & Saturday, December 6th, 1:00 - 4:00 p.m.**  
**Mortensen Community Center Romano Room**

Santa is taking a break from the North Pole and dropping into Newington to hear your child's secret wishes and smile for your cameras. Get in the holiday spirit with your family and enjoy pictures with Santa! Don't forget to bring your cameras! This is a free community event; please bring a canned food item for the Town's food bank. For more information, please call 860-665-8666.



## Family Sleigh Rides

**Saturday, December 6th, 1:00 - 4:00 p.m.**  
**Mill Pond Park**

Take the family on a ride around Mill Pond Park on a horse-drawn sleigh/wagon. This is a free community event. For more information, please call 860-665-8666.



## Newington's Night of Lights

**Saturday, December 6th at 5:00 p.m. (Rain/Snow Date: Sunday, December 7th)**  
**Carol Sing & Tree Lighting at Town Center, Main Street**

Newington Parks and Recreation Department and the Newington Chamber of Commerce present this annual event. This magical day begins with free sleigh rides at Mill Pond Park from 1 - 4 p.m. The Fire Truck parade, refreshments, entertainment, guest speakers, carol sing, tree lighting, and of course, the arrival of Santa all the way from the North Pole will take place at 5:00 p.m. at the Town Center! This is a free community event. To make the night more special, please bring a canned food item to benefit the Town's food bank. In case of inclement weather, please call 860-665-8686.

## Youth Basketball Volunteer Coaches Needed!

Interested in coaching your son or daughter, or even your younger brother or sister? The coaching commitment during the Recreational Youth Basketball season is just a few hours per week, and we are always looking for volunteers to coach boys and girls in grades 1 through 8. More information will be provided in the Youth Basketball Registration flyer that will be distributed throughout the schools in October.







# Bus Trips...



## Christmas Spectacular at Radio City Music Hall *Sunday, November 16, 2014*

Be a part of the holiday magic at the nation's favorite Christmas destination - Rockefeller Center. For over 80 years, the Radio City Christmas Spectacular, starring the Rockettes, has continued to create lasting memories for generations of families that have made this cherished show a holiday tradition. You'll also enjoy leisure time in the city for holiday (or everyday) shopping!

Fee: \$110 per person

ID: 10032

### Bus trip includes:

- Round trip motorcoach transportation
- Ticket to 2014 Christmas Spectacular, seats located on 2nd mezzanine, showtime is at 1:00 p.m.
- Bus departs at approximately 6:30 a.m. (**Specific location to be determined**). Departs New York City at approximately 5:00 p.m.

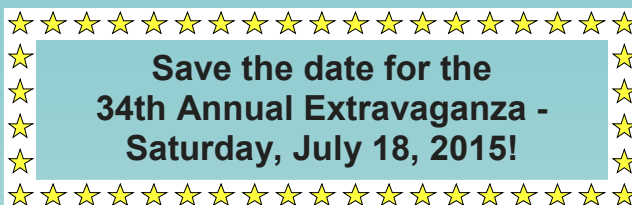
## BUS TRIP GUIDELINES

- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We typically use a 50-passenger coach bus. All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them. Some trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- We are not responsible for your return trip if you miss the bus!
- Bus departure location details will be stated in your trip itinerary. Please look over the trip itinerary carefully - occasionally the departure times may change slightly from what is listed in this Program Guide.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.

**If you do not receive your trip itinerary at least three days before your trip, please call our office at 860-665-8666.**

# Thank You

to all of our sponsors who helped make the 2014 Extravaganza a huge success!



## PLATINUM



## GOLD



## SILVER



## BRONZE

TotalVision  
Cedar Mountain Commons  
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Hartford Veterinary Hospital  
Hayes Kaufman Partnership  
Valley of Hartford AASR  
Puerto Vallarta  
Capitol Transmission  
Bongiovanni Group, Inc.  
Newington Memorial Funeral Home  
Pronto Printer  
Newington Little League  
Stonehedge Landscaping  
& Garden Center

## OTHER DONORS

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Medicine Primary Care  
VFW  
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## Recreational Swimming at Newington High School

The Newington High School Pool will open for indoor recreational swimming from late September through May. Recreational swimming is supervised by certified Red Cross lifeguards. Newington residents may pay a daily admission fee at the pool, use a Summer 2014 pool pass for the 2014-2015 indoor season, or may purchase pool passes for the indoor season at the Parks and Recreation office. Proof of residency must be shown. The fee for a household pass is \$30 and includes up to six people who permanently reside in the same Newington household. For households with more than six people, the additional fee for each person is \$5. Passes for resident individuals are \$25. Daily admission rates are listed below. Newington's aquatic facilities are open to residents, and residents may bring non-residents as their guests. Non-residents may only participate in recreational swimming as the guest of a Newington resident, and must pay the daily rate, unless participating in the tri-town swimming program (see below). Children under 13 must be accompanied by an adult.

Time: 7:00 PM - 8:45 PM

Dates: Mondays, Wednesdays & Fridays, Sept. 29, 2014 - May 29, 2015 *The pool is unavailable on all holidays and dates that the high school is closed, when school is cancelled due to inclement weather, and occasionally due to NHS swim meets. Signs will be posted at the pool with as much advance notice as possible. Call 860-665-8666 for information regarding school vacation swim times.*

Fee: **Pool Pass:** Individual: \$25 / Household: \$30 (Pool passes may only be purchased at the Parks and Recreation office)  
**Daily Admission Rate:** \$3.00 for adults, \$2.00 for children under 18, \$2.00 for seniors (62+)

**Please note: The NHS Pool is kept cooler for lap swimming and aquatic sports.**



## Swim Lesson Level Descriptions

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that children must be at least 6 years of age to register for Levels 1 and up. Please review the swim lesson level descriptions below prior to registering your child. **\*Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

**Level 1 - (MUST BE AT LEAST 6 YEARS OLD)** Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

**Level 2** - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

**Level 3** - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

**Level 4** - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly, and back crawl (15 yards each).

**Level 5** - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly, and back crawl (25 yards each).

**Level 6** - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly, and back crawl (50 yards each), competitive turns.

**For a more detailed list of the level descriptions, please visit**

**[www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec)**

## Tri-Town Swimming

The Newington, Rocky Hill, and Wethersfield Parks and Recreation Departments are offering a chance for residents of all three towns to utilize their indoor pools. If you purchase a season and/or yearly pool pass (household or individual) from one town, you can use it in all three towns. All you have to do is present your pass. Tri-town swimming is only available for season pass holders.

**Newington High School Indoor Pool** 605 Willard Avenue, Newington  
Open Mon., Wed., and Fri.: 7:00 – 8:45 PM  
Office Number – 860-665-8666 / Hotline – 860-665-8686

**Rocky Hill High School Indoor Pool** 50 Chaplin Avenue, Rocky Hill  
Office – 860-258-7429 / Information Line – 860-258-2772

**Wethersfield High School Indoor Pool** 411 Wolcott Hill Rd, Wethersfield  
Office/Information – 860-721-2890

For more information on pool hours in Rocky Hill and Wethersfield, please contact their Parks and Recreation offices directly.



## Preschool & Parent

*Ages 3-5 with parent*

These lessons are the perfect opportunity for 3-5 year olds to get acquainted with being in the water. A parent is required to be in the water at all times with their child and should be comfortable in the water. There are no vouchers or refunds given for missed or cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Children must be three years old when the program begins. Swim lessons are available for Newington residents only.

*Location:* Newington High School Indoor Pool

**Fee:** \$15 (4 classes)

ID:	Time	Dates
9945	5:30 - 6:00 PM	Wednesdays, October 1 - October 22
9946	5:30 - 6:00 PM	Wednesdays, October 29 - November 19



Program  
Information &  
Cancellation  
Hotline:

860-665-8686

## Group Swim Lessons *Ages 6 - 17*

Our group swim lessons are taught by Red Cross certified lifeguards and are held at the Newington High School indoor pool. There are no vouchers or refunds given for missed/cancelled swim lessons. We will attempt to schedule a make-up class when lessons are cancelled. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

*Location:* Newington High School Indoor Pool

**Fee:** \$30 (8 classes)

**Wednesdays, Oct. 1 - Nov. 19**  
(8 classes)

	5:30 - 6:00 PM	6:00 - 6:30 PM
Level 1	(not offered)	ID: 9951
Level 2	ID: 9947	ID: 9952
Level 3	ID: 9948	ID: 9953
Level 4	ID: 9949	ID: 9954
Level 5/6	ID: 9950	ID: 9955

## Semi-Private Swim Lessons *Ages 6 - 17*

Our semi-private swim lessons are a great opportunity to get individualized attention when learning how to swim. The limit is 2 participants per instructor. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Please see level descriptions on page 6 as a guide to register your child. Swim lessons are available for Newington residents only.

*Location:* Newington High School Indoor Pool

**Fee:** \$65 (4 classes)

**Session 1 - WEDNESDAYS**  
Oct. 1 - 22

	6:30 - 7:00 PM
Level 1	ID: 9956
Level 2	ID: 9957
Level 3	ID: 9958
Level 4	ID: 9959
Level 5/6	ID: 9960

**Session 2 - WEDNESDAYS**  
Oct. 29 - Nov. 19

	6:30 - 7:00 PM
Level 1	ID: 9961
Level 2	ID: 9962
Level 3	ID: 9963
Level 4	ID: 9964
Level 5/6	ID: 9965

## Adult Swim Lessons *Ages 18 and up*

Our adult swim lessons provide a wonderful opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Please note that there are no refunds given for missed or cancelled lessons. If lessons are cancelled, we will attempt to schedule a make-up class. If a make-up class cannot be scheduled, we will issue vouchers. Lessons are taught in groups of no more than 4 participants per instructor. Swim lessons are available for Newington residents only.

*Location:* Newington High School Indoor Pool

**Fee:** \$65 (4 classes)

ID:	Class	Time	Dates
9943	Beginners	7-7:30 p.m.	Wednesdays, October 1 - 22 (4 classes)
9944	Advanced Beginners	7-7:30 p.m.	Wednesdays, October 29 - November 19 (4 classes)

## Adult Swim Lesson Level Descriptions

**Beginner:** Designed for adults with minimal or no swimming experience, teaches water safety and confidence in the water by introducing floating (assisted and unassisted), submerging, breath-holding and independent movement in the water.

**Advanced Beginner:** Designed for adults who are already comfortable in the water but have minimal swimming experience. Students will begin with unassisted floating and move into basic stroke mechanics, utilizing the deeper water.

# Toddler, Preschool and Youth...

## Music Together *Ages newborn to 5 years*

Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers.

*Instructor: Wednesdays: Jessica Nevins / Saturdays: Sue Freese*

*Location: Mortensen Community Center Romano Room*

*Fee: **Wednesdays:** \$165 (Fee include CD and all materials. Fees remain the same for non-residents. Infants under 8 months are free with a registered sibling. \$75 for each additional sibling registered for same class.)*

***Saturdays:** \$140 (Fee include CD and all materials. Fees remain the same for non-residents. Infants under 8 months are free with a registered sibling. \$65 for each additional sibling registered for same class.)*



ID:	Time	Dates
9967	9:30 - 10:15 AM	Wednesdays, October 1 - December 10 (10 classes, no class 11/26)
9968	10:30 - 11:15 AM	Wednesdays, October 1 - December 10 (10 classes, no class 11/26)
9969	8:30 - 9:15 AM	Saturdays, October 4 - November 22 (8 classes)
9970	9:30 - 10:15 AM	Saturdays, October 4 - November 22 (8 classes)

## Help Us Keep Our Programs Healthy

If your child is sick, please be courteous to other children in their program, as well as the program's instructor, by keeping your child home until he/she is feeling better.

For the safety of all of our program participants this season, our instructors will have the right to send any visibly ill children home from any program at their discretion.



## Dance Classes *Ages 2—8*

Your child will love to participate in this wonderful dance experience! These classes are a great way to introduce your child to ballet, creative movement and hip hop. They will learn creative ways to express themselves through music, dance & movement in a fun and social environment. Please be aware that parents are asked to wait outside the classroom during dance classes. Please send your child with comfortable, lightweight clothing.

*Instructor: Janet Arnold*

*Location: Mortensen Community Center Romano Room*

*Fee: \$48 for residents / \$60 for non-residents*

ID:	Ages	Class	Time	Dates
9971	2 - 4	Ballet/Creative Movement	1:15 - 2:00 PM	<b>Saturdays, Oct. 4 - Dec. 13</b>
9972	4 - 6	Hip Hop	2:00 - 2:45 PM	(8 classes)
9973	2 - 4	Ballet/Creative Movement	2:45 - 3:30 PM	(no class 10/25, 11/29, 12/6)
9974	5 - 8	Ballet	3:30 - 4:15 PM	
9975	2 - 4	Ballet/Creative Movement	4:15 - 5:00 PM	



## Jumpin' Gym Daze

*Ages 12—36 Months with Parent*

You and your toddler will enjoy this fun-filled program in the gym. The first half of each class will be an unstructured opportunity for free play, while the second half of the class will offer supervised and directed games and activities. This is a great class to give your child a chance to play and interact with children of the same age. It is also a chance for parents to socialize and interact with other parents. We'll roll out the balls, hoops, and tunnels, and you roll out the fun!

*Instructor: Christine Gomes*

*Location: Mortensen Community Center  
Gymnasium*

*Fee: \$39 for residents / \$49 for non-residents*

ID:	Time	Dates
9976	9:30 - 10:15 AM	Wednesdays, Oct. 15 - Dec. 10 (8 classes) (no class 11/26)
9977	10:30 - 11:15 AM	Wednesdays, Oct. 15 - Dec. 10 (8 classes) (no class 11/26)

## Mornin' Munchkins

*Ages 12—36 Months with Parent*

This is a fun, social experience for both parent and toddler. Activities include music, movement, story time, special play balls, bubbles and arts & crafts, not to mention meeting lots of friends. This class offers parents and grandparents the opportunity to get creative, bond and interact with their youngster in a group environment. It's a great class for those looking to socialize with other parents.

*Instructor: Loralyn Callahan*

*Location: Mortensen Community Center  
Romano Room*

*Fee: \$45 for residents / \$56 for non-residents*

ID:	Time	Dates
9978	9:30 - 10:15 AM	Mondays, Oct. 20 - Dec. 8 (8 classes)
9979	10:30 - 11:15 AM	Mondays, Oct. 20 - Dec. 8 (8 classes)



# Creative Playtime Preschool Program...



## Creative Playtime Preschool Program *located at 1075 Main Street, Lower Level*

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

### Why Choose Creative Playtime Preschool Program?

- We are licensed by the State of Connecticut, meaning we follow the highest standards of education and safety.
- Our mature and professional staff complete annual 'continuing education units' or 'CEU's to ensure that we are knowledgeable about the latest trends and techniques in the preschool field.
- Hundreds of children have graduated from our program since we attained State licensure in 2007.
- Our flexible program allows you to choose a schedule that suits your needs - choose morning, afternoon or full day programs - for one day per week or all five!
- Our classroom is a beautiful, large space with multiple activity areas which will offer your child an engaging and inspiring place to learn and play.



### Information About Our Program

The Newington Parks & Recreation Department's Creative Playtime Preschool Program is a play-based, child-centered preschool designed to be a wonderful and enriching introduction to the classroom environment. Our goal is to create a safe environment in which children engage in activities that are hands-on, open-ended, multisensory and meaningful to them. Play is the key that opens the door to creative thinking and learning!

Daily activities include "hands on" play centers for fine and gross motor activities such as school skills, paper, crayon and pencil work and play dough play. Multi-sensory art and music experiences, coupled with imaginative dramatic play centers such as dolls, blocks, and puppets offer creative and imaginative outlets for your child. We provide opportunities for daily living and social skills such as snack time and self-help work that will empower your child to be independent in preparation for kindergarten. Daily outdoor play time combines fine and gross motor skills, healthy habits and basic introductions to nutrition and fitness. This program is licensed through the State of Connecticut, and our staff is fully certified and trained in CPR & First Aid. We have beautiful classroom facilities and a fenced-in outdoor space dedicated solely to the preschool program located at 1075 Main Street in the Lower Level.

Staff: Preschool Director/Head Teacher: Marilyn Janelle. Preschool Assistant Director/Head Teacher: Loralyn Callahan  
Assistant Teachers: Janet Arnold, Maggie Bazzano, Christine Gomes and Diane Teevan

### Registration Information

- A **non-refundable** deposit is required at the time of registration, along with a portion of the registration fees.
- A payment plan is available for the 2014-2015 school year.
- Open to children ages 3—5. All children must turn 3 years old by December 31, 2014. Children who will not be 3 years old until after December 31, 2014 are welcome to register and begin attending our program after their 3rd birthday if there are spaces available.
- School skills and Kindergarten readiness will be introduced in ALL classes.
- All children must be toilet trained by the start of the program, and may not be wearing diapers or pull-ups.
- The ratio is 10 children per teacher.

### Program Hours

Mornings: 9:30 - 11:45 a.m.  
Afternoons: 12:15 - 2:30 p.m.  
Full Day: 9:30 a.m. - 2:30 p.m.

### Program Dates

September 3, 2014 - June 5, 2015\*  
*\*actual program dates depend on which days your child is registered for.*

## Register your child today!

We still have a limited number of openings for the 2014-2015 school year.

Registration information packets are available at the Parks & Recreation office or online at [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec)

**Please call 860-665-8666 for more information!**

**\*Ask about our NEW Flex Day Program!!\***



# Youth Programs...

## Children's Art Explorers Grades K - 5

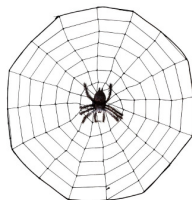
Art Explorers will find themselves exploring with different media including sculpture, painting and drawing. Imaginations will run wild creating robots, aliens and flying saucers, sculpting creatures with clay, painted haunted houses and more! These activities will require thinking outside the box, which is so important for children to develop and grow, while having fun. All supplies are provided. Children should wear a smock or old clothes.

*Location:* MCC Arts & Crafts Room  
*Instructor:* Fran Judycki  
*Fee:* \$35 for residents / \$43 for non-residents

ID:	Time	Dates
9980	6:30 - 7:30 PM	Tuesdays, Sept. 30 - Oct. 28 (5 classes)

## Halloween Art Workshop Grades 1 - 5

Have a Spook-tacular time exploring with a variety of materials and Halloween colors. Design your own scary spider with beads, skulls with flow-in-the-dark paint, fabric ghosts, colorful Frankenstein, gravestones and more! Bring your imagination and we'll supply the fun! Children should wear a smock or old clothes.



*Location:* MCC Arts & Crafts Room  
*Instructor:* Fran Judycki  
*Fee:* \$15 for residents / \$20 for non-residents

ID:	Time	Date
9981	6:30 - 7:30 PM	Thursday, Oct. 23 (1 class)

## Children's Sketching & Painting Grades K - 5

Using beautiful colors, create owls and birds sitting in the woods with their eyes shining in the darkness, colorful abstract designs and more! Learn how to create a mood with different textures and colors. Your imagination and experimentation will be used. This is a great class to practice fine motor skills. All supplies are provided. Children should wear a smock or old clothes.

*Location:* MCC Arts & Crafts Room  
*Instructor:* Fran Judycki  
*Fee:* \$21 for residents / \$26 for non-residents

ID:	Time	Dates
9982	6:15 - 7:15 PM	Tuesdays, Nov. 18 - Dec. 2 (3 classes)

## Girls in Stride For girls ages 6-14

Imagine the thrill your daughter will feel as she crosses the finish line in her first race. This dynamic training program will prepare your daughter for the 5K race at Blue Back Mitten Run in West Hartford on Sunday, December 7, 2014. Focus will be on using games and drills that make running fun, while also improving athletic performance for those who play other sports. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. This non-competitive training program is offered for all levels of runners. As part of the program, the girls will be exposed to goal setting and planning, journaling of training, and mental preparation.

**Registration fee includes a t-shirt and training journal.** Registration for the Blue Back Mitten Run is **not** included in the registration fee. For more information, visit [www.girlsinstride.com](http://www.girlsinstride.com).

*Location:* Mill Pond Park (In case of inclement weather, program will be held indoors in Mortensen Community Center Gymnasium)  
*Instructor:* Girls in Stride Instructors



ID:	Time	Date	Fee
9985	4:15 - 5:15 p.m.	Wednesdays, Oct. 15 - Dec. 3 (8 weeks)	\$79 for residents \$89 for non-residents

## Gingerbread House Workshop Grades K - 5

Decorate your very own special holiday gingerbread house, without having to worry about the mess! Create a holiday memory that stands out with all the season's colors. Gingerbread house kits will be supplied, and houses are pre-assembled and ready to be decorated! Parents are welcome to stay and help! All materials and supplies, including the gingerbread house kits, are included in the fee for this class.

*Location:* MCC Arts & Crafts Room  
*Instructor:* Fran Judycki  
*Fee:* \$20 for residents / \$25 for non-residents

ID:	Time	Date
9983	6:30 - 7:30 PM	Monday, Dec. 8 (1 class)
9984	6:30 - 7:30 PM	Wednesday, Dec. 10 (1 class)





# Youth Sports & Fitness...

## Gymnastics *Ages 2 and up*

A wonderful opportunity to learn the art of gymnastics! Participants will learn gymnastic skills according to their ability level. Activities include warm-ups, floor exercises, and use of gymnastic equipment. Participants should wear leotards, warm-ups, or shorts and t-shirt. For Parent/Tot class, children must be 2 years old when class begins in order to participate.

*Instructor: New England Gymnastics Express Staff*

*Location: New England Gymnastics Express—136 Day St, Newington*

*Fee: \$79 for residents / \$98 for non-residents*

ID:	Time	Dates
<b>Parent and Tot: Ages 2 - 3 1/2 with Parent</b>		
9986	1:00 - 1:40 PM	Mondays, Sept. 29 - Nov. 17 (8 classes)
9987	1:00 - 1:40 PM	Thursdays, Oct. 2 - Nov. 20 (8 classes)
<b>Preschool: 3 1/2—5 years old</b>		
9988	1:45 - 2:25 PM	Mondays, Sept. 29 - Nov. 17 (8 classes)
9989	1:45 - 2:25 PM	Thursdays, Oct. 2 - Nov. 20 (8 classes)
<b>Beginner: Kindergarten - 2nd Grade</b>		
9990	6:00 - 6:45 PM	Tuesdays, Sept. 30 - Nov. 18 (8 classes)
9991	6:00 - 6:45 PM	Thursdays, Oct. 2 - Nov. 20 (8 classes)

## Tennis Lessons *Ages 7—17*

The Parks & Recreation Department, in conjunction with the Newington Tennis Center, is offering tennis lessons for children of all ability levels. Children learn the basics while gaining cardiovascular fitness and coordination. Topics include forehand, backhand, volley, serve and overhead. Racquets will be provided. Just bring your enthusiasm and sneakers and get involved in the game of a lifetime.

*\*Please note that participants must register by the Wednesday prior to the first day of the session.*

*Instructors: Newington Tennis Center Staff*

*Location: Newington Tennis Center, 60 Prospect Street*

*Fee: \$99 per session / Fee remains the same for non-residents*

ID:	Time	Dates	Fee
9992	4:00 - 5:00 PM	Sundays, Sept. 14 - Oct. 19 (6 classes)	\$99
9993	4:00 - 5:00 PM	Sundays, Oct. 26 - Nov. 30 (6 classes)	\$99
9994	4:00 - 5:00 PM	Sundays, Dec. 7 - Jan. 18 (6 classes, no class 12/28)	\$99

**\*No need to wait - register today for the session beginning September 14th!\***

## Youth Recreational Basketball *Grades 1 - 8*

*(Open to children who are Newington residents or attend Newington schools and are in Grades 1-8.)*



The Parks and Recreation Department offers a Recreational Youth Basketball League during the winter months. Information will be distributed through the schools in early October.

## High School Recreational Basketball *Grades 9-12*

*(Open to Newington residents or students that attend Newington High School)*



The Parks and Recreation Department offers a Recreational Basketball Program during the winter months. More information will be available on our website [www.newingtonct.gov/parksandrec](http://www.newingtonct.gov/parksandrec) in mid-November.

## Boys' Basketball Skills Clinic

*Grades 3 - 8*



Scot Wenzel, NHS Boys' Varsity Basketball Coach and Jeff Hoyt, NHS Boys' JV Basketball Coach, are offering this basketball skills clinic which is designed for players who want to improve their individual and team skills while learning fundamentals, fitness and having fun! Topics include basic position, moving without the ball, shooting, ball handling, perimeter moves, post moves, defense, offense and rebounding, along with agility and conditioning drills.

*Staff: Scot Wenzel and Jeff Hoyt*

*Location: John Wallace Middle School*

*Fee: \$50 for residents / same for non-residents*

ID	Time	Dates
<b>Boys Grades 3 - 5</b>		
10016	5:00 - 6:15 PM	Thursdays, Sept. 11 - Oct. 16 (6 classes)

### Boys Grades 6 - 8

10017	6:20 - 7:35 PM	Thursdays, Sept. 11 - Oct. 16 (6 classes)
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## Girls' Basketball Skills Clinic

*Grades 5 - 8*



Newington High School Girls' Varsity Basketball Coach Rick Bangs offers this basketball clinic designed for players who want to improve their individual and team skills while learning fundamentals, fitness and having fun. Topics include ball handling, shooting mechanics, defense and rebounding.

*Staff: Rick Bangs*

*Location: John Wallace Middle School*

*Fee: \$50 for residents / same for non-residents*

ID	Time	Dates
10018	6:00 - 7:00 PM	Wednesdays, Sept. 10 - Oct. 15 (6 classes)

## Newington Travel Basketball

*A competitive basketball program for boys and girls in grades 5-8.*

Girls' tryouts will be held the week of Sept. 22nd. Boys' tryouts will be held the week of Sept. 29th.

For information, please contact the following:



**Girls:** Town Coordinator Jennifer Walker – [jenniferwalker72@att.net](mailto:jenniferwalker72@att.net)



**Boys:** Town Coordinator Tim Kaufman – [tim.kaufman@utc.com](mailto:tim.kaufman@utc.com)

# Youth and Teen Programs...

## Annual Halloween Party *For Children in Preschool - Grade 4*

**Saturday, October 25th, 1:00 - 3:00 p.m.**  
**Mortensen Community Center**

The Newington Parks and Recreation Department presents this annual party with many activities, games and crafts to keep your little ghosts and goblins busy. Of course, it wouldn't be a Halloween Party without candy, refreshments and music so we can dance the Monster Mash! This party is open to children in Preschool through Grade 4. Children should wear their costumes.

Pre-registration is required by Thursday, October 23rd. Registration received after Thursday, October 23rd will incur a late fee of \$5.00 per participant. Any participants registered late will be unable to receive a Treat Bag. Due to facility capacity and preparation, there will be a maximum number of participants allowed to attend. To ensure your child's participation, please register early.

Fee: \$5 per child for residents / \$8 per child for non-residents.

ID: 9966

**Pre-registration is REQUIRED for this event by Thursday, October 23rd.**



## 7th & 8th Grade Dances

Dances are open to Newington students only. Includes DJ, music, supervision and dancing. Students **must show their school ID at the door** or a parent/guardian must be present to sign the student in - **there are absolutely no exceptions**. No backpacks and no re-entry once admitted. Those dressed in offensive or provocative clothing will not be admitted. Tickets will be sold at the door. The fee is \$5.00 per student and a non-perishable food donation. Refreshments will be available for sale. Dances are held from 7:00 - 10:00 PM at the Mortensen Community Center Gymnasium.

SAVE THE DATES FOR THESE  
2014-2015 SCHOOL YEAR DANCES:

**Friday, November 7, 2014**  
**Friday, January 16, 2015**  
**Friday, March 27, 2015**



## Teen Center Facility Rentals

**Ages 7 - 18**

Why not rent out the Teen Center for your next birthday or team party? The Teen Center facility can be rented out on Saturdays or Sundays from 11:00 a.m. until 8:00 p.m. from September through May. The Teen Center is located in the Mortensen Community Center and has a pool table, foosball table, ping pong table, and air hockey, with plenty of space for a piñata or refreshments. Facility rental fee is \$30 per hour for residents / \$40 per hour for non-residents. An additional \$25 security deposit is required at the time your reservation is made. Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible.

Limit: 30 guests.



Program  
Information &  
Cancellation  
Hotline:

**860-665-8686**



## Teen Center *Grades 7 - 12*

*Fridays, 7:00 - 10:00 PM*

*November 14, 2014 - March 20, 2015*

The Newington Teen Center has been in operation since the early 1970's and provides a safe, drug and alcohol free environment where there is a multitude of recreational activities available. Our fully staffed activities help to facilitate positive social interaction and include basketball, pool tables, ping pong, Nintendo Wii, PS2, air hockey, foosball, and more. The Teen Center is open to Newington residents and those attending Newington schools. To become a member, teens must fill out a registration form available at the Teen Center. There is no membership fee! Teens will only pay the nightly fee of \$5.00. The Teen Center will be closed on 11/28/14, 12/26/14, 1/2/15 and 2/20/15. On the nights of 7th & 8th grade dances (listed above) the Teen Center is only open to teens in 7th & 8th grades. Other closings may occur and signs will be posted. The Teen Center may close early on evenings when less than 10 teens attend - refunds will not be given if this occurs. Please contact Newington Parks & Recreation for details about any of our Teen Center programs at 860-665-8666.





## Badminton

*For Ages 18 & Up*

Enjoy the fun of the number two "participant sport" in the world, second only to soccer in popularity. Upgrade your level of play by joining the friendly competition of other enthusiastic men and women players. Increase aerobic fitness and stamina by participating in this weekly event. Faster than a game of tennis, players can burn 600-1000 calories an hour. Players with even a moderate amount of skill can jump right in and enjoy not only the social aspects of team play but also the fantastic health benefits of a great cardiovascular workout. This is an unsupervised free-play program.

**Location:** Mortensen Community Center  
Gymnasium

**Fee:** \$35 for residents  
\$40 for non-residents

ID:	Time	Dates
10019	7:30 - 9:45 PM	Wednesdays, Oct. 8 - Jan. 21 (14 weeks, no program 12/24, 12/31)



## Men's Freeplay Basketball

*For Ages 18 & Up*

Here's your chance to get out and play some pick-up basketball games. This program is restricted to Newington residents only until October 27th. Proof of residency is required at the time of registration. After October 27th, non-residents may register if space is available.

**Location:** Mortensen Community Center  
Gymnasium

**Fee:** \$40 for residents / \$50 for non-residents

ID:	Time	Dates
10020	7:00 - 9:00 PM	Mondays, Nov. 10 - March 9 (15 weeks, no program 12/22, 12/29, 2/16)

## Women's Volleyball

*For Ages 18 & Up*

Join our Women's Volleyball League! If you are interested in getting a team in the league or playing on an existing team, please contact the Parks and Recreation office by email at [kgallicchio@newingtonct.gov](mailto:kgallicchio@newingtonct.gov) by September 12th. The season runs from October until mid-March. There will be open play on Tuesday, October 7th and league play starts on Tuesday, October 14th.



**Supervisor:** Anna Dipierro

**Location:** Martin Kellogg Middle School  
Gymnasium

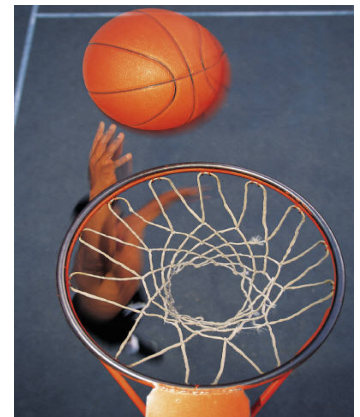
**Fee:** \$200 per team

Time	Dates
6:30 - 9:30 PM	Tuesdays, Oct. 7 - March 10 (no program 11/4, 11/11, 12/23, 12/30 or 2/17)

## Men's Basketball League

*For Ages 18 & Up*

Interested in playing in an organized basketball league? Newington Parks and Recreation offers a Men's Basketball league that runs from late November through early April (Thursday nights and Sundays). The league consists of about 20 teams, and players must live in Newington to play. League fees are approximately \$1,000 per team. Teams that participated in the league last season need to contact the Parks and Recreation office by September 26th, 2014, if interested in returning. After that date, new (eligible) teams will be considered for participation in the league. If you are interested in getting a team in the league or playing on an existing team, please contact the Parks and Recreation office by email at [kgallicchio@newingtonct.gov](mailto:kgallicchio@newingtonct.gov).



## Mortensen Community Center Gym Rentals

The Parks and Recreation Department offers rentals of the Mortensen Community Center Gymnasium throughout the fall, winter and spring seasons. Rental availability is limited due to programming demands. The fee is \$30 per hour for residents and \$40 per hour for non-residents.

Reservations must be made a minimum of one week in advance, but for best availability we recommend as much notice as possible.

If you are interested in renting the Mortensen Community Center Gymnasium, please contact the Newington Parks and Recreation Department at 860-665-8666.



# Adult Programs...

**NEW**

## Tennis In No Time

'Tennis In No Time' is a crash course in tennis for all beginners. You will be surprised at how quickly you can learn the game using innovative teaching techniques.

*\*Please note that participants must register by the Friday prior to the first day of the session.*

**Instructors:** Newington Tennis Center Staff

**Location:** Newington Tennis Center, 60 Prospect St.

**Fee:** \$99 for residents / fee remains the same for non-residents



ID:	Time	Dates
9995	6:00 - 7:00 PM	Tuesdays, Sept. 16 - Oct. 21 (6 classes)
9996	6:00 - 7:00 PM	Tuesdays, Oct. 28 - Dec. 2 (6 classes)
9997	6:00 - 7:00 PM	Tuesdays, Dec. 9 - Jan. 20 (6 classes) (no class 12/23)

**\*No need to wait - register today for the session beginning September 16th!\***



Program Information  
&  
Cancellation Hotline:  
**860-665-8686**

## One-Day Connecticut Safe Boating and Personal Watercraft Certification

*Ages 12 - adult*

A complete basic safe boating certification course taught in one (8 hour) day. Successful completion will allow the student to obtain a Connecticut Certificate of Personal Watercraft Operation, which enables them to operate recreational vessels up to 65 feet in length including Jet Skis. An easy to understand classroom format is designed for students age 12 and over. PRIOR TO TAKING THIS CLASS each student should create an account online at [ct.outdoorcentral.net](http://ct.outdoorcentral.net), and click the START button. Create an account if you don't already have one, and then print the page that includes your Conservation ID number and bring it to class. Once we have entered your score in the DEEP system you will use your account to purchase & print the certificate after the class. Students should bring a pen or pencil to class.

**Instructor:** Professional Marine Education staff

**Location:** Mortensen Community Center Teen Center

**Fee:** \$65 for residents / \$75 for non-residents



ID:	Time	Dates
9998	8:30 AM - 4:30 PM	Saturday, October 18th (one class)

## Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies. So, if there's a program that you or your child are interested in...

**Please Register Early!**

## Drawing for Everyone

This is a course for beginners or experienced artists who want to strengthen their drawing skills. Topics will include light and shade, contour line, composition, texture, perspective and more. Come and explore the theories and techniques of observational and imaginative drawing! The best way to improve your painting skills is to improve your drawing skills. Please call the Parks and Recreation Department at 860-665-8666 for a supply list prior to the first class.

**Instructor:** Fran Judycki

**Location:** Senior & Disabled Center Arts & Crafts Room

**Fee:** \$52 for residents / \$65 for non-residents

ID:	Time	Dates
9999	6:15 - 8:00 PM	Mondays, Sept. 29 - Nov. 10 (6 classes, no class 10/13)

## Line Dancing

Line dancing isn't just country/western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances. No partner is needed, it's fun, great exercise and just a few classes will free the dancer in you.



**Instructor:** Wendy Nielsen

**Location:** Senior & Disabled Center Ceramics Room

**Fee:** \$77 for residents / \$96 for non-residents

ID:	Time	Dates
10000	5:30 - 6:30 PM	Mondays, Sept. 29 - Dec. 15 (11 classes, no class 10/13)



**Note: All participants in our adult fitness programs must be 16 years of age or older, except where noted otherwise.**

## The Art of T'ai Chi

T'ai Chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical, and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gentle, fluid movements.

*Instructor: Ken Zaborowski*

*Location: Mortensen Community Center Romano Room*

*Fee: \$68 for residents / \$85 for non-residents*

ID:	Class	Time	Dates
10001	Mixed Levels	5:30 - 6:30 PM	Mondays, Sept. 29 - Dec. 15 (11 classes, no class 10/13)

## Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!



*Location: All classes at Senior & Disabled Center Auditorium, except class on Thursday, 11/20 will be held at the Mortensen Community Center Gymnasium*

*Instructor: Mondays & Tuesdays: Lydia Borysiuk  
Thursdays: Mary Woods*

ID:	Dates	Time	Fee:
10002	Mondays, Oct. 6 - Dec. 15 (10 classes) (no class 10/13)	4:45 - 5:30 PM	\$38 for residents \$48 for non-residents
10003	Tuesdays, Oct. 7 - Dec. 9 (9 classes, no class 11/11)	5:15 - 6:15 PM	\$45 for residents \$56 for non-residents
10004	Thursdays, Oct. 2 - Dec. 11 (10 classes, no class 11/27) *class on Thursday, November 20th will be held at MCC gymnasium*	5:30 - 6:30 PM	\$50 for residents \$62 for non-residents



Program  
Information &  
Cancellation  
Hotline:

860-665-8686



## Zumba Toning



This Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning! Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants should bring your own 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

*Location: Senior & Disabled Center Auditorium*

*Instructor: Lydia Borysiuk*

ID:	Dates	Time	Fee
10005	Mondays, Oct. 6 - Dec. 15 (10 classes) (no class 10/13)	5:30 - 6:15 PM	\$38 for residents \$48 for non-residents

## Fat Friday Zumba



Gobble 'til you wobble then join us for this fun Zumba class to burn off those Thanksgiving calories! The average Thanksgiving meal can range from a whopping **3,000-7,000 calories**. Get a head start on working those calories off in this fun, motivating and exciting class! Participants must be at least 16 years old and should bring water and wear exercise clothes. Pre-registration is not required - just show up and bring a friend! This class is free but participants should bring one (or more) non-perishable food item to benefit the Town's food bank and a donation (suggested amount \$5) which will be used to sponsor a Newington family in need. More details will be available in early November. Please call the Parks and Recreation office at 860-665-8666 for more information.

*Location: Mortensen Community Center Gymnasium*

*Instructors: Zumba Instructors*

Date	Time	Fee
Friday, Nov. 28	TBD	FREE*

\*No pre-registration is required and this class is FREE with a non-perishable food item and a suggested donation of \$5.

# Adult Fitness...



## Core Balance

This functionally fun class will promote core awareness by strengthening the core muscles. You will work on balancing while using a flexband and your own body weight. This class will help improve your range of motion, posture and balance, while increasing flexibility. Please bring a mat and water to class.

*Instructor:* Personal Euphoria staff

*Location:* Senior & Disabled Center Rooms A & B

*Fee:* \$68 for residents / \$85 for non-residents

ID:	Time	Dates
10015	6:30-7:15 PM	Mondays, Sept. 29 - Dec. 8 (10 classes, no class 10/13)



Program  
Information &  
Cancellation  
Hotline:

860-665-8686



**Note: All participants in our adult fitness programs must be 16 years of age or older, except where noted otherwise.**

## Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Classes will go outdoors when the weather permits. Instructor will encourage you to give your 100% effort at all times. For all fitness levels.

*Instructor:* Laura Campbell

*Location:* Mortensen Community Center Gymnasium

*Fee:* \$32 for residents / \$40 for non-residents

ID:	Time	Dates
10035	5:45-6:45 PM	Tuesdays, October 7 - December 9 (8 classes, no class 11/4, 11/11)

## Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of coordination, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

## Please Register Early!

## Hi/Lo Aerobics

Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

*Instructor:* Laura Campbell

*Location:* Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
10033	6:30 - 7:30 PM	Mondays, Oct. 6 - Dec. 15 (10 classes, no class 10/13)	\$40 for residents \$50 for non-residents
10034	6:30 - 7:30 PM	Wednesdays, Oct. 8 - Dec. 10 (9 classes, no class 11/26)	\$36 for residents \$45 for non-residents

**Register for both Hi/Lo classes and save \$5!**

**Residents: \$71! Non-Residents: \$90!**

## Tone Aerobics

This low-impact aerobics class is a great way to start your morning. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

*Instructor:* Sandy Rovelli

*Location:* Senior & Disabled Center Auditorium

*Fee:* Tuesdays: \$40 for residents / \$50 for non-residents  
Thursdays: \$40 for residents / \$50 for non-residents

ID:	Time	Dates
10006	9:15 - 10:15 AM	Tuesdays, Sept. 30 - Dec. 9 (10 classes, no class 11/11)
10007	9:15 - 10:15 AM	Thursdays, Oct. 2 - Dec. 11 (10 classes, no class 11/27)

**Register for both classes and SAVE \$5!**

**Residents: \$75! Non-Residents: \$95!**



# Adult Yoga and Pilates Classes...

## Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

**BEGINNER:** Focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs.

**INTERMEDIATE:** Continues to strengthen the core muscles by using more challenging poses that work the core muscles in more challenging positions. This class moves through the exercises at a faster pace.

*Instructor:* Maggie Downie  
*Location:* Senior & Disabled Center Rooms A & B  
*Fee:* Residents: \$85 / Non-Residents: \$106

ID:	Class	Time	Dates
10008	Beginner	5:30-6:30 PM	Wednesdays, Oct. 1 - Dec. 10
10009	Intermediate	6:30-7:30 PM	(10 classes, no class 11/26)

## Bar Physique

Bar Physique is a unique total body workout that focuses on small, controlled movements combined with low-impact but heart-pumping bursts of leg work to define and tone long, lean muscles. With a combination of muscle work and stretching, this program creates lean, flexible sculpted arms, flat abs, and a lifted seat! You'll be targeting every muscle in the body. A challenging, safe and effective workout set to dynamic music using props such as balls and bands. Please bring a mat and water and 1 to 3 lb handweights.

*Instructor:* Donna Valente  
*Location:* Senior & Disabled Center Rooms A & B  
*Fee:* \$68 for residents / \$85 for non-residents

ID:	Time	Dates
10013	5:30-6:15 PM	Mondays, Sept. 29 - Dec. 8 (10 classes, no class 10/13)
10014	5:30-6:15 PM	Thursdays, Oct. 2 - Dec. 11 (10 classes, no class 11/27)

## Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required, and yoga blankets are highly recommended.

*Location:* Mortensen Community Center Romano Room  
*Fee:* listed below

ID:	Class	Time	Dates	Fee
10010	Mixed Levels Yoga with Karen Sevenoff	6:00 - 7:15 PM	Tuesdays, Sept. 30 - Dec. 9 (10 classes) (no class 11/11)	\$60 for residents \$75 for non-residents
10011	Mixed Levels Yoga with Lisa Jones	6:00 - 7:15 PM	Wednesdays, Oct. 1 - Dec. 10 (10 classes) (no class 11/26)	\$60 for residents \$75 for non-residents
10012	Beginner Yoga with Cynthia Wolcott	5:45 - 7:00 PM	Thursdays, Oct. 2 - Dec. 11 (10 classes) (no class 11/27)	\$60 for residents \$75 for non-residents



Program Information &  
 Cancellation Hotline:  
**860-665-8686**

## Yoga Class Descriptions

**BEGINNER YOGA** This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!

**MIXED LEVELS** This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.



# Programs for Older Adults...

## Indoor Walking at Mortensen Community Center

The Mortensen Community Center Gymnasium will be open for walkers on weekday mornings throughout the Fall, Winter and Spring. This is a great way to stay in shape and keep moving! 18 laps equal a mile! Pre-registration is required and all walkers should carry an ID with them at all times. You can register at the Parks & Recreation office any time Monday through Friday from 8:30 a.m. - 4:30 p.m. **ID: 5704**

Walking is a healthy way to exercise and may help you maintain a healthy weight and reduce your risk of some diseases. Bring a friend!

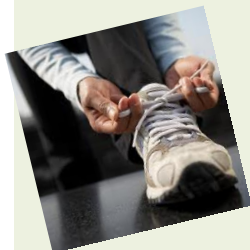
**Mondays, Tuesdays, Thursdays, Fridays: 8:30 - 10:30 AM**  
(Not available on Wednesday mornings)

**\*FREE\***

*There will be no indoor walking available when Town Hall is closed.*

*Walking may be cancelled due to special events, program changes, and/or reasons beyond the control of the Parks and Recreation Department. We will make every attempt possible to keep at least half the gym available for walkers; however, there may be times when the gym is not available.*

*We apologize in advance for any inconvenience this may cause.*



## Fun-n-Fitness

An invigorating class that gets you off on the right foot. Improve stamina, strength, muscle tone and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: Tuesdays: \$35 for residents  
\$43 for non-residents

Thursdays: \$35 for residents  
\$43 for non-residents

ID:	Time	Dates
10023	10:20 - 11:20 AM	Tuesdays, Sept. 30 - Dec. 9 (10 classes, no class 11/11)
10024	10:20 - 11:20 AM	Thursdays, Oct. 2 - Dec. 11 (10 classes, no class 11/27)

Register for both classes and SAVE \$5!

Residents: \$65! Non-Residents: \$81!

## Zumba for Older Adults

This is a fun Zumba class that will utilize choreography specifically created for the older adult population. The moves are less intense than in a traditional Zumba class, and are so easy to follow that participants of any age can do it. This program will give all participants a safe and effective total body workout. Just like the regular Zumba classes, this class will be very fun and easy-to-follow. Participants in this class enjoy rhythms such as: Merengue, Salsa, Cumbia, Belly Dance, Rumba, Tango, Cha Cha, along with other fun and exciting rhythms and dances. Participants should wear comfortable clothing, appropriate footwear for a dance/exercise class and bring water.



Instructor: Mary Woods

Location: **Wednesday class** held at Mortensen Community Center Gymnasium.  
**Friday class** held at Senior & Disabled Center Auditorium, EXCEPT classes on 10/3, 11/7, 11/21 and 12/5 will be held in the Mortensen Community Center Gymnasium.

Fee: \$40 for residents / \$50 for non-residents

ID:	Time	Dates
10021	9:00 - 9:45 AM	Wednesdays, October 1 - December 10 (10 classes, no class 11/26)
10022	10:00 - 10:45 AM	Fridays, October 3 - December 12 (10 classes, no class 11/28)

Program Information  
&  
Cancellation Hotline:  
**860-665-8686**



## Fitness Clinics for Older Adults

Participants will learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Center. **Participants must register at the Senior & Disabled Center main office.** Registration is no longer accepted by the Parks and Recreation Department. For information about becoming a Senior & Disabled Center member, please call 860-665-8778.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

Dates	Time
Tuesday, September 9	11:30 - 1:30 PM
Tuesday, October 14	11:30 - 1:30 PM
Tuesday, November 4	11:30 - 1:30 PM
Tuesday, December 9	11:30 - 1:30 PM



Fitness Center at the Senior & Disabled Center



# Programs for Older Adults...

## Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people register after a program has been cancelled and if they had registered earlier, the program would have run.

So, if there's a program that you are interested in...

**Please Register Early!**

## Attention Class Participants:

Please do not wear your exercise sneakers to class during the winter months. We are trying to cut down on the salt, sand, snow and other ice-melting chemicals that are tracked in on the floors. Besides being a cleanliness/maintenance issue, puddles or sandy spots make the floor very slippery for participants. Please wear an alternate pair of shoes or boots, then change into your exercise shoes before class.

## T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. Its gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.

*Instructor: Ken Zaborowski*

*Location: Senior & Disabled Center Auditorium*

*Fee: \$50 for residents / \$62 for non-residents*



ID:	Class	Time	Dates
10027	Beginners	9:00 - 9:45 AM	Mondays, Sept. 29 - Dec. 15
10028	Intermediates	10:00 - 10:45 AM	(11 classes, no class 10/13)

## Line Dancing for Older Adults

Line dancing is a great way to stay active, healthy, and have fun! Come with or without a partner.

*Instructor: Wendy Nielsen*

*Location: Senior & Disabled Center Ceramics Room*

*Fee: \$39 per session for residents*

*\$49 per session for non-residents*



ID:	Time	Dates
10029	11:00 AM – 12:00 PM	Fridays, October 3 - 31 (5 classes)
10030	11:00 AM – 12:00 PM	Fridays, November 7 - December 12 (5 classes, no class 11/28)

## Oil Painting - Impressionism - Realism - Modern

This course is designed for beginners through advanced. Choose the painting style that excites you—Impressionism, Realism or Modern. Learn the fundamental skills of brush and knife techniques, mixing colors, value, composition and creating mood and texture. All skills will be explained and demonstrated. This course will be a fun opportunity to try a new painting style. All returning students may continue in their own field of painting. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

*Instructor: Fran Judycki*

*Location: Senior & Disabled Center Arts & Crafts Room*

*Fee: \$96 for residents / \$120 for non-residents*



Program Information  
&  
Cancellation Hotline:  
**860-665-8686**

ID:	Time	Dates
10031	9:15 - 11:45 AM	Tuesdays, Sept. 30 - Dec. 9 (10 classes, no class 11/11)

# Parks & Recreation Registration Info

## OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

### Convenient Ways To Register...

**Fax-in:** Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through.

**Fax to (860) 665-8739.**

**Mail-in:** Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." **Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.**

**Walk-in:** Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111. Walk-in office hours are:

**Monday – Friday, 8:30 AM – 4:30 PM.**

**\*Drop slot may be available after hours.**

## IMPORTANT INFORMATION

- A minimum of \$10 is required for all credit card transactions.
- If you are registering a **child under the age of 6** and they have not participated in our programs in the past, please include a copy of the child's birth certificate with the registration form. This is a one-time request.
- If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.
- If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.
- Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

### Reasons to Register Early

Many classes are very popular, and our participants know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered.

So, if you know you want to take a program...  
**PLEASE REGISTER EARLY!**

## POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Wednesday, Sept. 3, 2014. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

### Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Wednesday, Sept. 17, 2014. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

### Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

### Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

### Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be prorated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

## Contact Us:

### Phone:

Voice: 860-665-8666  
Fax: 860-665-8739  
Hotline: 860-665-8686

### At the Office:

Monday - Friday  
8:30 a.m. - 4:30 p.m.  
131 Cedar Street  
Newington Town Hall  
Mortensen Community Center

### On the Web:

[www.NewingtonCT.gov/parksandrec](http://www.NewingtonCT.gov/parksandrec)

